

INSIDE THIS ISSUE:

DIRECTOR'S CHAIR	1
COORDINATORS' CORNERS	2
ADMINISTRATIVE GREETINGS	2
I'M FIRST SCHOLARSHIP	3
APRIL BIRTHDAYS	3
CAREER PROFILE	4
PARENTS' CORNER	5
RENT INFO	6
JUNIOR ARTICLE	7
MADEA ON THE RUN	8
SCHEDULE AT A GLANCE	9

DIRECTOR'S CHAIR



Greeting AIMS Family!!

As the old saying goes...April Showers bring May Flowers.... !!! In essence, do not be dismayed by several raining days this month because the beautiful flowers will populate the earth and bring smiles to your face and joy in your heart!!!

In a few days, we will be hosting you on campus for our Orientation session for the summer component of our program! The staff is very busy getting things in order for your arrival!! Please make plans to attend this very important session. You must contact us ASAP if

you or your parent(s)/ guardian(s) will not be in attendance at the Orientation.

We recently received your grade reports and sending out notices to those of you who fell a little short and received a C or below to attend the online tutoring sessions. These live tutoring sessions will help to achieve your academic goals for the semester, Please make sure that you are going online to work with the tutors on your class-work. If you have any questions about logging on to the sessions, contact Evan at eeoneal@murraystate.edu or call 270-809-3526.

Take care! I look forward to seeing you soon!

Sincerely,

*Doris Clark-Sarr,
Ph.D.*



COORDINATOR'S CORNER—AIMS I

Hello All:

This summer has progressed so quickly and I can't believe that we're just days from seeing several of you at orientation for the AIMS Summer Component! This time of year is always filled with excitement, anxiousness, and constant preparation to make certain you are given the best opportunities at our disposal during the Summer Component!

The staff hired this summer is exemplary and I for one, am extremely excited for you to meet them. Your Residential Staff is quite diverse and also a mix of familiar faces, along with several new ones. Your instructional staff includes some very innovative people and I just know you are going to enjoy the knowledge they pass on to you as they prepare you for your continued high school

journey!

The Bridge Component is quickly approaching as well so seniors, if you haven't sent me what I need, please contact me ASAP.

Well, that's about all I can say for now, I have to get back to working! See you all real soon!

Sincerely,

Stephen D. Keene



COORDINATOR'S CORNER—AIMS II

Greetings!

I hope all is well your way. I simply cannot believe that AIMS summer orientation is THIS MONTH! Where has the time gone?! For that, I do not have an answer. On the flip side, this summer is going to be awesome. I hope you are as excited as we are! As the semester winds down, it is easy for the finish line to be

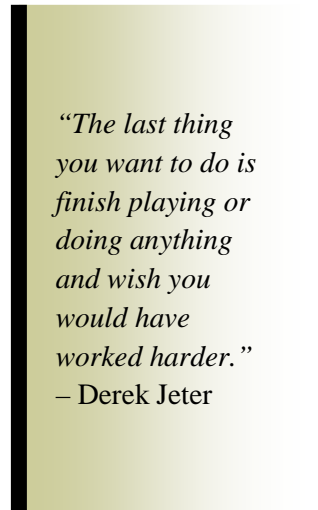
in the forefront of your mind (tunnel vision). This is a slippery slope – don't stop before the finish line! There is still work to do. In fact, the end of the semester is usually packed full with things that directly affect your final grade (which could be a good thing if you have a less-than-desirable grade in a class). Don't be a victim of tunnel vision. Do a simple internet search of

tips to help you prepare for final exams (most common tip: start studying 1 month in advance...that's now!)

As always, let us know what you need! It's why we are here. See you at orientation!!

Sincerely,

Evan O'Neal



ADMINISTRATIVE GREETINGS

Hello Everyone!

March Madness has ended and April is here....I hope your College team won!

Soon we will get to see each of you at the AIMS Orientation, I'm looking forward to meeting the

new students and catching up with the old ones.

Not much to say except the usual...please go ahead and send us any paperwork that we have requested. It will make your life and ours much easier!

Until I see you on Saturday, April 18th take care of yourself and others.

Wishing you all the best,

Gail Woolridge



Caption describing picture or graphic.

I'M FIRST SCHOLARSHIP

The 2015 *I'm First!* Scholarship Application is now open! [Apply here](#). Deadline to apply is Friday, May 22 at 11:45pm EST

Recognized by the National Scholarship Providers Association and Fastweb.com as [2012 Scholarship Provider of the Year](#), Center for Student Opportunity's *I'm First!* Scholarship is a \$4,000 scholarship (\$1,000 per year, renewable for four years of college) awarded to up to 10 graduating high school

seniors who will be the first in their family to go to college and are matriculating to a [CSO College Partner institution](#).

Scholarship winners have the unique privilege to serve as [bloggers](#) on ImFirst.org to share their college experiences and offer advice to aspiring first-generation college students on how to make it to and through college.

Minimum Eligibility Requirements:

- Current high school (or home-

schooled) seniors attending school in the United States.

- First-generation college student (neither parent has earned a four-year college degree).
- Must be attending a CSO partner college or university.

View CSO College Partners online at:
<http://www.imfirst.org/scholarship/>

APRIL BIRTHDAYS!

SHUNTARA BEARD

ALEXANDRIA HOBBS

TAMARA LOTT

LUCAS REED

AMANDA TAYLOR

“Live as if you were to die tomorrow. Learn as if you were to live forever.”
 — [Mahatma Gandhi](#)



CAREER PROFILE: WHAT ELECTRICIANS DO

Electricians install and maintain electrical power, communications, lighting, and control systems in homes, businesses, and factories.

Duties

Electricians typically do the following:

- Read blueprints or technical diagrams
- Install and maintain wiring, control, and lighting systems
- Inspect electrical components, such as transformers and circuit breakers
- Identify electrical problems with a variety of testing devices
- Repair or replace wiring, equipment, or fixtures using hand tools and power tools
- Follow state and local building regulations based on the National Electric Code
- Direct and train workers to install, maintain, or repair electrical wiring or equipment

Almost every building has an electrical power, communications, lighting, and control system that is in-

stalled during construction and maintained after that. These systems power the lights, appliances, and equipment that make people's lives and jobs easier and more comfortable.

Installing electrical systems in newly constructed buildings is less complicated than maintaining equipment in existing buildings. This is because electrical wiring is more easily accessible during construction. In addition, maintaining equipment and systems involves identifying problems and repairing broken equipment that is sometimes difficult to reach. Maintenance work may include fixing or replacing parts, light fixtures, control systems, motors, and other types of electrical equipment.

Electricians read blueprints, which are technical diagrams of electrical systems that show the location of circuits, outlets, and other equipment. They use different types of hand and power tools, such as conduit benders, to run and protect wiring. Other commonly used

hand and power tools include screwdrivers, wire strippers, drills, and saws. While troubleshooting, electricians also may use ammeters, voltmeters, thermal scanners, and cable testers to find problems and ensure that components are working properly.

Many electricians work alone, but sometimes they collaborate with others. For example, experienced electricians may work with building engineers and architects to help design electrical systems for new construction. Some electricians may also consult with other construction specialists, such as elevator installers and heating and air conditioning workers, to help install or maintain electrical or power systems. At larger companies, electricians are more likely to work as part of a crew; they may direct helpers and apprentices to complete jobs.



“I did then what I knew how to do. Now that I know better, I do better.”

— [Maya Angelou](#)



PARENTS' CORNER: 3 TIPS FOR PARENTS TO TEACH HEALTHY STUDY HABITS TO TEENS BY KELSEY SHEEHY

Setting a daily study routine can help high school students balance sleep and studying.

Teens often struggle to manage studying, sleeping, and their social life, and when given the choice, a little shut-eye is often sacrificed. But compromising sleep for studying can do more harm than good, according to a [new study](#) in the journal *Child Development*.

[High school students](#) who sacrificed sleep to hit the books had trouble understanding new material and struggled on tests and assignments the next day, researchers report.

"No one is suggesting that students shouldn't study," Andrew Fuligni, professor of psychiatry at the [University of California—Los Angeles](#) and the study's senior author, said in a statement. "But an adequate amount of sleep is also critical for academic success."

Researchers recruited high school students from three [Los Angeles](#) schools to record their sleep and study habits over a 14-day period during grades 9, 10, and 12. The 535

teens participating in the study represented a range of cultural and economic backgrounds.

The impact of a few missed hours of sleep is amplified by the fact the most [high school students are already sleep deprived](#), the researchers noted.

"Adolescents devote less time to sleep as they age, and when they sacrifice the precious little sleep they have for extra studying, it has negative consequences for their daily academic performance," the report states.

Parents can help their students [avoid late-night cram sessions](#) by developing consistent study routines and helping their teens stay on top of due dates and deadlines, says Natascha Santos, a certified school psychologist and behavioral therapist in [New York](#).

"It's important for parents to be in the know," Santos says. "As long as they have an idea of the upcoming expectations or projects, because parents are the ultimate prompt."

These three tips can help

parents promote healthy study habits with their teens as they head back to school:

1. Set a schedule:

Studying should be part of your student's daily routine, not something he or she tries to cram in the night before a test, Santos says.

The researchers behind the report agree, advising students to parse out their study time over the course of the week, rather than letting due dates dictate their study time.

Preparing for tests ahead of time can reduce anxiety, and finishing assignments ahead of schedule can be rewarding for students, says Santos, who recommends that parents and students write due dates and major deadlines on a calendar or planner to serve as a visual reminder.

2. Eliminate distractions:

Cell phones, Facebook, and TV can quickly interrupt a productive study session. Curb your teen's temptation to tune in, text, or update their status by shutting down any unnecessary electronics during

"Children must be taught how to think, not what to think."

— [Margaret Mead](#)

PARENTS' CORNER CONTINUED

scheduled study times.

"Especially with cell phones, it's like their third eye at this point," Santos says. "That's such a distraction."

Since students often need a computer to complete online assignments or type papers, Santos suggests parents pay attention and check in with their studious teens.

"It's pretty easy to gauge if they're going onto social media sites versus typing out an essay," she adds.

3. Break it up:

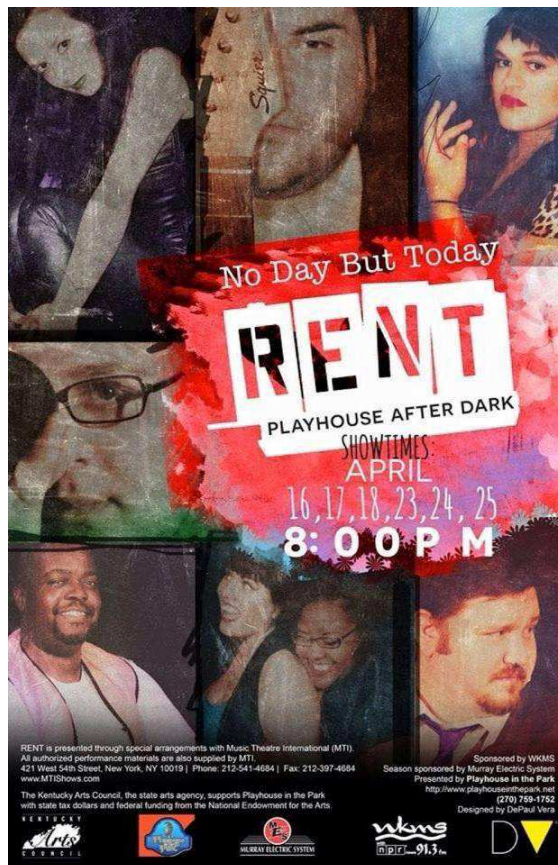
Maintaining focus during a two-hour study session may be challenging, so know your teen's limits and divvy up study time accordingly, licensed psychotherapist Michelle Aycock writes in a column on the *Savannah Morning Herald's* website.

"Being aware of their attention span can help you structure their study time so that it will be successful," she writes.

Parents should also set milestones for large projects or important tests such as midterms or college entrance exams, Santos, the New York-based school psychologist, notes.

"Don't dump it all in one piece, but break it up into smaller tasks," she says.

"Be proactive, so it doesn't come crashing down."



"Intelligence plus character—that is the goal of true education."

— [Martin Luther King Jr.](#)

8 THINGS JUNIORS CAN DO NOW TO KICK OFF THEIR COLLEGE ADMISSION PROCESS BY JOCELYN JOHNSON

Over the past few weeks you may have watched [your senior friends receive their college acceptance letters](#). Now that seniors are deciding which college to enroll in by May 1st, current high school juniors are now officially in the college admission hot seat.

Beginning the college application journey can be stressful for all students. But, students who are the first person in their family to apply to college often feel especially overwhelmed. If you're a first-gen student, you may be wondering where, or even how, do you start? Here are 8 things you can start doing now to prepare for your college admission process and position yourself to achieve your best admission and scholarship results:

1) Research Colleges

Start to explore what types of colleges best fit your academic and extracurricular interests, personality, and values. Use [online resources](#) to research colleges and universities and take virtual campus tours. Start connecting with col-

leges on Facebook, Twitter, and Instagram. The sooner you begin your research and identify which type of schools best fit your interests and personality, the better off you'll be in the fall.

2) Start drafting your Common App essay

At the end of last month, The Common Application released the [new 2015-16 essay prompts](#). Even though schools can now choose whether or not to require the essay, you don't need to wait until you've solidified your college list to get started on your essay. Start writing a preliminary draft now and give yourself plenty of time to complete the essay without the added stress of a looming deadline.

3) Map your course selection

The strength of your curriculum is the second most important factor in the admission decision after grades in college preparatory classes, according to a study by NACAC. As you make your senior year course selection this spring, take courses that will challenge you. Seeing a B on your

transcript in a difficult class could look better to an admission officer than an A+ in easy one.

4) Get engaged

Find something you're passionate about and get engaged, meaning go beyond participating in an activity simply to list it on your resume or activities list. Dedicate your time and effort to making a difference, learning something, or growing as a person through your participation in the activity. True engagement leads to transformational experiences that, as an added bonus, you can describe in your admission essays.

5) Research scholarships

A recent [Princeton Review](#) study found that 90% of students felt that financial aid (loans, scholarships, or grants) would be very or extremely necessary to pay for college. Familiarize yourself with scholarship and college access opportunities and deadlines as early as possible. Use resources like [College Greenlight](#) and [Scholarship Advisor](#) to apply for scholarships early and often.

“The task of the modern educator is not to cut down jungles, but to irrigate deserts.”

— [C.S. Lewis](#)

8 THINGS JUNIORS CAN DO NOW TO KICK OFF THEIR COLLEGE ADMISSION PROCESS CONTINUED

6) Connect with teachers

The most powerful recommendation letters come from teachers who have meaningful relationships with their students, and they are based on stories that highlight moments in which you demonstrate your character, integrity, academic strengths and achievements. Get to know your teachers so that they will be able to authentically advocate on your behalf.

7) Keep standardized tests in perspective

The roles of the SAT and ACT are changing. While standardized tests are still a significant factor in the admission decision, your ACT or SAT score is not the “be all, end all” of your college

applications. So don't freak out if you don't have perfect standardized test scores, and don't rule out a college based on its reported average scores. Admission officers take a holistic view of your application, so make sure they have more than just a number to look at.

8) Refresh

When you feel overwhelmed by the stress of college applications, that's a sign that it's time to Refresh. Close your eyes and take a few deep breaths. Identify everything about the process that is stressing you out. As you exhale, release each stressor one breath at a time. Use this brief meditation exercise to let go of any doubts or distractions,

and open your mind to discover greater personal resources to work through the obstacles encountered in everyday life.

Applying to college can be exciting! As you embark on this journey, make sure you utilize all of the resources, both online and in your community, that are here to support you.



Part of our special Honor Roll Trip & College Visit to Memphis April 25-26!

Madea is at it again in Tyler Perry's most outrageously funny stage play ever. In trouble with the local authorities, Mabel Simmons, notoriously known as Madea, is on the run from the law. With no place to turn, she volunteers to move in with her friend Bam who is recovering from hip replacement surgery. Bam is so grateful that her faithful friend Mabel is putting her on life on hold in order to nurse Bam back to health. Unknown to Bam however, Madea is only using the concerned friend gag as a way to hide out from the police. But as they say... all things work together for the good of those who love the Lord and are called according to his purpose. Madea's presence at Bam's house is just what the doctor ordered. Bam's family is in desperate need of some home improvement, and it is the only kind of family makeover that Madea could deliver. Starring Tyler Perry as Madea, and Cassi Davis as Aunt Bam, "Madea On The Run" delivers a couple hours of pure joy and laughter. With brand new music written by Tyler Perry, the show delivers a finger snapping and inspirational evening of theater. Madea's life lessons on friendship, marriage, personal reflection, and overcoming, leave audiences with some great food for the soul.

We're on the web!

Murraystate.edu/aims

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SCHEDULE AT-A-GLANCE

April

8-10 KAEOPP Spring Meeting Cumberland Falls State
Park

18 AIMS Orientation
9:00am—1:00pm Blackburn Science Building

25 Honor Roll Memphis Trip & Cultural Outing

May

11 ONLINE Staff Training

25-28 AIMS Staff Retreat & Training at MSU & Emi-
nence, MO

25 Bridge Move-IN Day

26 Bridge Classes Begin

June

5-6 Bridge Weekend

7 AIMS Move-IN Day

8 Undergraduate Classes Begin

10 AIMS Testing & Carnival

24 Cultural Extravaganza

25 Paducah Challenger Center Trip & Nashville Visit

26 Closing Symposium

27—? End of Summer Trip TBA